



10. Deisterberglauf  
Barsinghausen / 15.09.2013

Detailed evaluation

Seiffert, Christian

Club: TSV Bantorf  
Number: 574

Course: 20.80 km  
Halbmarathon

Category:  
Männer (20-29 Jahre)

Total time: 1:46:05

Speed: 11.76 km/h  
Running performance: 5:06 min/km

Rank in course/Total: 29 (of 110)

Rank in course/Men: 25 (of 92)

Best time in course: 1:18:02

Rank in category: 2(of 14)

Best time in the category: 1:29:48

Intermediate times

Stage score

Total ranking

Control	Intermediate times					Stage score			Total ranking					
	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Lap 1	3.30	16:23	4:57	4	2:54	28	3:49	3.30	16:23	4:57	2	2:54	92	
Lap 2	1.70	9:56	5:50	9	1:45	47	2:50	5.00	26:19	5:15	2	4:39	92	
Lap 3	2.10	9:00	4:17	6	1:16	40	2:08	7.10	35:19	4:58	2	5:55	69	
Lap 4	4.95	27:29	5:33	8	4:53	41	7:19	12.05	1:02:48	5:12	1	-	50	
Lap 5	3.65	16:03	4:23	2	1:07	16	3:14	15.70	1:18:51	5:01	2	11:55	91	
Lap 6	1.40	7:51	5:36	10	2:29	75	3:33	17.10	1:26:42	5:04	2	14:24	90	
Last lap Finish	3.70	19:23	5:14	2	1:53	18	8:38	20.80	1:46:05	5:06	2	16:17	25	28:03